Avoiding Things You Can Use To Hurt Yourself

When you want to change a habit, it is common even to avoid things that might tempt you. For example, if you are trying to stop smoking you wouldn't carry cigarettes around. If you remove temptations, then you wouldn't have to face hard decisions. If you want to stop hurting yourself, you'll want to avoid being around things to purchase used to hurt yourself in the past.

Of course, it is impossible to stay away from everything you might use to hurt yourself. But most people who self-injure use the same objects over and over again, so you can certainly make an effort to stay away from objects you have used before. Use the chart below to make a list of things you have used to self-injure or have thought of using. Write down where they are from and where you can get them or substitute harder to use or an impulse. Share this worksheet with someone who is supporting your efforts to stop hurting yourself.

Objects You Have Used to Hurt Yourself	Where They Are From	Where You Can Get Them

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